ambitious kitchen

Ambitious Kitchen's Simple & Nourishing 7-Day Meal Plan

Hi!

My name is Monique Volz and I'm the founder of Ambitious Kitchen, a recipe and wellness site devoted to inspiring you in and out of the kitchen. Currently, I live in Chicago with my husband, our almost one-year-old son, Sidney, and another little baby boy on the way. My passions include cooking and baking, fitness, hunting for vintage rugs, and of course, a good Netflix binge.

I'm SO excited to share this incredible **Ambitious Kitchen's Simple & Nourishing 7 Day Meal Plan** with all of you! This meal plan is full of simple, nourishing, nutritious recipes to fuel your journey, whatever that may be. Most importantly, we want to emphasize that all food and dietary preferences are welcome here at Ambitious Kitchen, which is why we created this meal plan to be vegetarian-friendly, dairy free friendly and gluten free!

In this amazing 7-Day Meal Plan you won't find the words "reset," "back on track," or "detox," because this plan is all about focusing on foods that nourish your body, while keeping you satisfied and *feeling good*. Bonus? They'll make you excited to get creative in the kitchen! You'll find:

- flavorful, easy recipes for you (and a loved one or roommate!) to enjoy
- protein packed meals and snacks to prep for your busy life
- desserts and treats you'll make again and again

All of these recipes are filled with veggies & protein, wonderful flavors and fun twists on classics you know and love. They focus on adding to your meals rather than what to strip away in order to garner the title "healthy." **Health is different from person to person, so why not try new things and find what works best for you?**

I hope you LOVE these incredible meals. We love seeing what you make from AK so be sure to upload a photo and tag #ambitiouskitchen on social!

STAY CONNECTED

ambitiouskitchen.com

Sign up to receive emails from me here

xoxo,
Monique

How to make this meal plan your own

Here at Ambitious Kitchen, we're all about balance, nourishment, and doing what's best for your body. We do not subscribe to any particular diet, but recognize that many people do in order to feel their best.

In this Simple & Nourishing 7 Day Meal Plan, you'll find recipes that focus on providing you with nourishment for your body, including healthy fats, plenty of vegetables, complex carbs and protein. Have no fear, we also included easy ways to customize these recipes with simple swaps so that they work best for you.

This guide is all about getting back to basics and having fun in the kitchen. Whether you're meal prepping for yourself and your partner, family or a roommate, there are recipes for everyone. It's important to note that this meal plan is meant for two people, however if you happen if you live alone, simply pick a few favorites that you might enjoy.

We've included an easy-to-follow **calendar** for each day of the week, but please remember to nourish yourself in-between meals whenever you get hungry. The calendar & recipes in this meal plan are by no means written in stone, so feel free to make changes in order to make it your own.

Looking for something even more specific? Head to our **Diet Type** category and find even more delicious recipes for every meal of the day.

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Grocery List

Below you'll find a grocery list of everything you'll need to make each recipe during the week. As a friendly reminder, this meal plan is meant for two people. Be sure to check your refrigerator and cupboards for ingredients before going to the store (or ordering them!) You may find that you have more supplies than you think — especially pantry staples. Be sure to also look at each recipe itself to make any swaps you might need.

And finally, check out all of our favorite kitchen tools, utensils and essentials **here**!

Fresh Produce

- ☐ 8 ounces baby bella mushrooms
- ☐ 9 cups spinach
- ☐ 2 bunches carrots
- ☐ 1 stalk celery
- ☐ 12 ounces fresh green beans
- ☐ 1 large head cauliflower
- ☐ 3 red bell peppers
- ☐ 6 avocados
- ☐ 3 white onions
- ☐ 2 yellow onions
- ☐ 1 small red onion
- ☐ 1 bunch green onions
- ☐ 2 pounds yukon gold potatoes
- ☐ 4 medium-large sweet potatoes
- ☐ 5 bananas
- ☐ 3 medium honeycrisp apples
- ☐ 1 lemon
- ☐ 2 limes

Frozen Produce

- ☐ 3/4 cup frozen cauliflower
- ☐ 1 3/4 cup frozen peas
- ☐ 1 1/2 cups frozen sweet corn
- ☐ 2 cups frozen pineapple
- ☐ 1 cup frozen mango chunks

Eggs, Dairy & Milks

- ☐ 1 dozen eggs
- ☐ 1 carton unsweetened almond milk
- ☐ 1 large container plain greek yogurt
- ☐ 1 bag shredded Mexican cheese blend
- ☐ 1 small container feta crumbles

Proteins

- ☐ 1 (12 ounce) package bacon
- ☐ 1 1/2 pounds boneless skinless chicken breast
- ☐ 1 pound lean ground chicken (or sub turkey)
- ☐ 1 pound boneless skinless chicken thighs

Oils & Vinegars

- ☐ Olive oil
- ☐ Sesame oil
- ☐ Coconut oil
- ☐ Apple cider vinegar
- ☐ Rice vinegar

Baking Supplies

- ☐ Vanilla extract
- ☐ Mint or peppermint extract
- ☐ Baking powder
- ☐ Baking soda
- ☐ Arrowroot starch or cornstarch
- ☐ Fine blanched almond flour
- ☐ Oat flour (or make your own from rolled oats!)
- ☐ Old fashioned rolled oats, gluten free if desired
- ☐ Cacao powder (or unsweetened cocoa powder)
- ☐ Coconut sugar or brown sugar
- ☐ Unsweetened shredded coconut
- ☐ Pure maple syrup
- ☐ Chocolate chips
- ☐ Chia seeds
- ☐ Flaxseed meal

Herbs

- ☐ Garlic cloves
- ☐ 1 large knob ginger
- ☐ Cilantro
- ☐ Parsley

Grocery List

Packaged & Canned Goods

- ☐ Peanut butter
- ☐ Tahini
- ☐ Unsweetened applesauce
- ☐ 1 (4 ounce) can mild green chiles
- ☐ 1 (28 ounce) can crushed tomatoes
- ☐ 1 (15 ounce) can tomato sauce
- ☐ 2 tablespoons tomato paste
- ☐ 1 can light coconut milk
- ☐ 2 cans chickpeas
- ☐ 2 cans black beans
- ☐ 1 can kidney beans
- ☐ Vegetarian broth
- ☐ Chicken broth
- ☐ Low sodium soy sauce or coconut aminos
- ☐ Dijon mustard
- ☐ Quinoa
- ☐ Brown rice
- ☐ Spinach tortillas (or tortillas of choice)
- ☐ 8-inch soft corn tortillas (or tortillas of choice)
- ☐ Brewed coffee
- ☐ Collagen peptides (or your favorite protein powder)

Spices

- ☐ Cinnamon
- ☐ Allspice
- ☐ Nutmeg
- ☐ Curry powder
- ☐ Ground turmeric
- ☐ Garlic powder
- ☐ Cayenne pepper
- ☐ Mild chili powder
- ☐ Ground cumin
- ☐ Dried oregano
- ☐ Paprika
- ☐ Red pepper flakes
- ☐ Thyme
- ☐ Salt & pepper

Nuts, Seeds & Dried Fruits

- ☐ Walnuts
- ☐ Raw or roasted cashews
- ☐ Raw or toasted pecans
- ☐ Roasted pistachios
- ☐ Medjool dates
- ☐ Dried cherries or cranberries

Optional Sides

- ☐ 1 bag Siete tortilla chips
- ☐ Crackers (we love Simple Mills)
- ☐ Hummus
- ☐ 1 loaf sprouted bread (we love Silver Hills & Angelic Bakehouse)

Meal Plan Calendar

	Breakfast	Lunch	Dinner	Snacks	Dessert
SUN	Mushroom Spinach Bacon Egg Cups *Enjoy 2 egg cups each with avocado and toast*	Healthy Chicken Pot Pie Soup *Serve with crackers (we love Simple Mills)*	Sesame Green Bean Chicken Stir Fry *Serve with brown rice or quinoa*	Mint Brownie Energy Bites	Healthy Oatmeal Chocolate Chip Cookies
MON	Chunky Monkey Banana Baked Oatmeal	Vibrant Curry Cashew Chickpea Quinoa Salad	Sesame Green Bean Chicken Stir Fry *Serve with brown rice or quinoa*	Mushroom Spinach Bacon Egg Cups *Enjoy 1 egg cup and an apple each*	Mint Brownie Energy Bites
TUE	Mushroom Spinach Bacon Egg Cups *Enjoy 2 egg cups each with avocado and toast*	Healthy Chicken Pot Pie Soup *Serve with crackers (we love Simple Mills)*	Sheet Pan Moroccan Chicken *Serve with brown rice or quinoa*	Pat's 4-Ingredient Paleo Crackers *Serve with hummus or extra feta sauce from sheet pan chicken*	Healthy Oatmeal Chocolate Chip Cookies
WED	Chunky Monkey Banana Baked Oatmeal	Vibrant Curry Cashew Chickpea Quinoa Salad	The Best Vegetarian Chili Ever *Serve with tortilla chips (we love Siete), yogurt and avocado*	Get Your Greens In Smoothie *Double to serve 2*	Healthy Oatmeal Chocolate Chip Cookies
THU	Chunky Monkey Banana Baked Oatmeal	The Best Vegetarian Chili Ever *Serve with tortilla chips (we love Siete), yogurt and avocado*	Sheet Pan Moroccan Chicken *Serve with brown rice or quinoa*	Pat's 4-Ingredient Paleo Crackers *Serve with hummus or extra feta sauce from sheet pan chicken*	Mint Brownie Energy Bites
FRI	Good Morning Coffee Lover's Smoothie *Double to serve 2*	Vegan Pecan Apple Chickpea Salad Wraps	Sweet Potato Black Bean Enchiladas *Serve with tortilla chips (we love Siete), yogurt and avocado*	Mint Brownie Energy Bites	Healthy Oatmeal Chocolate Chip Cookies
SAT	Healthy Apple Pancakes *Serve with peanut butter and maple syrup*	The Best Vegetarian Chili Ever *Serve with tortilla chips (we love Siete), yogurt and avocado*	Sweet Potato Black Bean Enchiladas *Serve with tortilla chips (we love Siete), yogurt and avocado*	Vegan Pecan Apple Chickpea Salad Wraps *Enjoy 1/2 wrap each*	Healthy Oatmeal Chocolate Chip Cookies

Breakfast

BREAKFAST

Chunky Monkey Banana Baked Oatmeal

Chunky Monkey Banana Baked Oatmeal

Prep time: **15 min** | Cook time: **35 min** | Total time: **50 min** | Serves: **6**

GF

Ingredients

For the wet ingredients:
3 ripe bananas, mashed (about 1 1/3 cups mashed ripe banana)
2 eggs
1 teaspoon vanilla extract
1 (15 ounce) can light coconut milk (about 1 2/3 cup coconut milk)
2 tablespoons pure maple syrup
For the dry ingredients:
2 1/3 cups gluten free rolled oats
2 teaspoons baking powder
1 teaspoon cinnamon
1/4 teaspoon salt
Mix-ins:
1/2 cup unsweetened shredded coconut, plus 2 extra tablespoons for topping
1/2 cup chopped walnuts
1/3 cup chocolate chips (feel free to use your favorite!), plus 2 tablespoons for sprinkling on top

Nutrition

Serving size: **1 slice**
Calories: **452cal**
Fat: **25.2g**
Saturated fat: **13g**
Carbohydrates: **53.4g**
Fiber: **7.7g**
Sugar: **22.6g**
Protein: **8.5g**

Instructions:

1. Preheat the oven to 350 degrees F. Grease a 9x9 inch pan with oil and set aside.
2. In a large bowl, whisk together the mashed banana, eggs, vanilla, coconut milk and maple syrup until well combined.
3. Add the dry ingredients to the bowl with the wet ingredients: oats, baking powder, cinnamon and salt. Mix until combined, then fold in shredded coconut, walnuts and chocolate chips.
4. Pour mixture into prepared pan and smooth top. Sprinkle with reserved shredded coconut and chocolate chips. Bake for 35-45 mins or until the edges are slightly golden brown. Remove from the oven, allow to cool for 10 minutes, then cut into 6 slices and serve. Top with extra banana slices, a drizzle of maple syrup and chopped walnuts. Serves 6.

Recipe Notes:
To make dairy free: use dairy free chocolate chips.

BREAKFAST

Mushroom Spinach Bacon Egg Cups

Mushroom Spinach Bacon Egg Cups

Prep time: **15 min** | Cook time: **15 min** | Total time: **30 min** | Serves: **5**

GF

Ingredients

10 slices good-quality bacon (from 1 package of bacon)
1/2 tablespoon olive oil
1 clove garlic, minced
8 ounces baby bella mushrooms, sliced (optional)
3 cups packed organic spinach
6 large eggs
1/4 cup unsweetened almond milk (any milk will work)
Freshly ground salt and pepper
1/3 cup feta or goat cheese crumbles (or any cheese you'd like)

Nutrition

Serving size: **2 bacon egg cups**
Calories: **209cal**
Fat: **15.5g**
Saturated fat: **5.7g**
Carbohydrates: **2.7g**
Fiber: **0.9g**
Sugar: **1g**
Protein: **16.3g**

Instructions:

1. Preheat oven to 400 degrees F. Add bacon slices to muffin pan (we're only using 10 of the muffin cups) and wrap bacon in a circle around the edges of the tin. The bacon will likely overlap a bit, but that's okay. Bake for 15 minutes.

2. While the bacon is cooking, you can saute your veggies: In a large skillet, add in olive oil, garlic and mushrooms; saute for 5 minutes or until mushrooms cook down and begin to turn a slight golden brown. Once that happens, add in spinach and cook for another 2 minutes or until spinach wilts. Set aside.

3. In a large bowl, whisk together eggs and almond milk. Season with salt and pepper. Set aside.

4. When bacon is done cooking, remove from oven and rearrange the slices. You can drain some of the grease if you'd like but it helps the muffins not stick to the pan. Most likely they will have shrunk up during baking; simply pull the slices back with a fork towards the edges so that's there's enough room to add in the veggies and egg mixture.

5. Evenly distribute veggies and egg mixture between each muffin cup, sprinkle with feta cheese.

6. Bake for 15 minutes. Once done, cool for two minutes, then run the edge of a knife around each egg cup and remove from pan.

Recipe Notes:

- To make vegetarian: simply omit the bacon.
- Line the muffin tin with muffin liners and generously spray the insides with nonstick cooking spray.
- To make dairy free: simply omit the cheese.
- Serve with avocado & toast.

BREAKFAST

Good Morning Coffee Lover's Smoothie

Good Morning Coffee Lover's Smoothie

Prep time: **5 min** | Total time: **5 min** | Serves: **1**

V GF DF

Ingredients

3/4 cup brewed coffee, cooled in the fridge
1 frozen medium ripe banana
1 teaspoon vanilla extract
1 tablespoon natural peanut butter (or nut butter of choice)
3/4 cup frozen cauliflower (or 1/2 cup ice)
1/4 cup unsweetened coconut or almond milk, plus more if necessary
1/2 tablespoon cacao powder (or use unsweetened cocoa powder)
1 serving collagen peptides (or your favorite protein powder)

Nutrition

Serving size: **1 smoothie**
Calories: **292cal**
Fat: **9.7g**
Saturated fat: **1.5g**
Carbohydrates: **37.5g**
Fiber: **9.4g**
Sugar: **16.9g**
Protein: **17.7g**

Instructions:

1. In a large high-powered blender, add in all ingredients and blend on high for 1-2 minutes or until all ingredients are well combined. If necessary, add in more almond milk to thin the smoothie. Makes 1 smoothie.

Recipe Notes:
Feel free to double this recipe to serve 2.

BREAKFAST

Healthy Apple Pancakes

Healthy Apple Pancakes

Prep time: **10 min** | Cook time: **10 min** | Total time: **20 min** | Serves: **2**

GF DF

Ingredients

3/4 cup unsweetened applesauce
2 eggs
1/4 cup unsweetened almond milk
1 teaspoon vanilla extract
1 tablespoon pure maple syrup
1 1/2 cups old fashioned rolled oats, gluten free if desired
2 teaspoons baking powder
1 teaspoon ground cinnamon
1/4 teaspoon allspice
1/4 teaspoon nutmeg
1/4 teaspoon salt
Olive oil, for cooking

Nutrition

Serving size: **3 pancakes**
Calories: **361cal**
Fat: **9.0g**
Saturated fat: **1.0g**
Carbohydrates: **59.0**
Fiber: **7.8g**
Sugar: **17.3g**
Protein: **13.8g**

Instructions:

1. Add all of the ingredients to a blender and blend on high until completely smooth, about 30 seconds to 1 minute. Let the batter sit in your blender while you heat your pan up. If batter is WAY too thick, you may need to add a few extra tablespoons of milk to the blender.

2. Lightly coat a griddle with coconut oil, vegan butter or olive oil and place over a medium heat. Once the pan is hot, add about 1/3 cup of the batter to the griddle for each pancake and cook for 2-4 minutes until pancakes slightly puff up and you see a few bubbles along the edges.

3. Flip cakes and cook until golden brown on underside. If you find that pancakes are browning too quickly, then you need to lower the heat. I normally start on medium heat, then reduce to medium low later so that my pancakes don't burn. If at any point your griddle starts smoking, it means your pan is too hot. Wipe skillet clean and repeat with more oil and remaining batter. Makes 6 pancakes total. Serves 2, 3 pancakes each.

Recipe Notes:

Serve with your favorite nut butter and maple syrup.

Lunch

LUNCH

Healthy Chicken Pot Pie Soup

Healthy Chicken Pot Pie Soup

Prep time: **15 min** | Cook time: **30 min** | Total time: **45 min** | Serves: **4**

GF DF

Ingredients

1 tablespoon olive oil
1 1/2 pounds uncooked boneless skinless chicken breast, diced
Freshly ground salt and pepper
1/2 tablespoon olive oil
1 white onion, chopped
2 large carrots, sliced
3 cups diced yukon gold potatoes
3 cups finely chopped cauliflower florets
1 teaspoon dried thyme (or 1 tablespoon fresh thyme)
2 cups of unsweetened almond milk, cashew milk, skim milk, 2% (if you want a richer soup, you can use whole milk)
3 cups low sodium chicken broth
1/2 teaspoon salt, plus more to taste
Freshly ground black pepper
1 cup frozen peas

Nutrition

Serving size: **1 serving**
Calories: **369cal**
Fat: **10.9g**
Saturated fat: **1.6g**
Carbohydrates: **30.5g**
Fiber: **7.3g**
Sugar: **7.1g**
Protein: **41.9g**

Instructions:

1. Place a large dutch oven or pot over medium high heat. Add in olive oil. Once oil it hot, add in diced chicken breast and generously season with salt and pepper. Cook chicken for 4-6 minutes or until thoroughly cooked and no longer pink. Remove chicken from pot and transfer to a large bowl; set aside for later.

2. In the same pot, add in 1/2 tablespoon olive oil, chopped onion, sliced carrots, diced gold potatoes, diced cauliflower and thyme. Saute for a few minutes until onion begins to soften, then add in milk, chicken broth and salt and pepper. Allow mixture to simmer uncovered for 10 minutes or until potatoes are fork tender.

3. Next remove 3 cups of the mixture from the pot and add to a blender. Blend until completely smooth (be careful while you do this!), then transfer puree back to the pot. Stir in cooked chicken and frozen peas. Allow mixture to simmer for 5-10 more minutes to thicken up a bit. Taste and add more salt and pepper, if necessary. Garnish with extra black pepper and fresh thyme, if desired. Great with biscuits or crackers, if you'd like.

Recipe Notes:

- To make vegan/vegetarian: substitute chicken with one can chickpeas or one can white beans.
- Serve with crackers (we love Simple Mills!)

SEE IT ON THE BLOG

LUNCH

Vibrant Curry Cashew Chickpea Quinoa Salad

Vibrant Curry Cashew Chickpea Quinoa Salad

Prep time: **20 min** | Cook time: **25 min** | Total time: **45 min** | Serves: **4**

GF V DF

Ingredients

For the quinoa:
3/4 cup quinoa
1 2/3 cup water
1 (15 ounce) can chickpeas, rinsed and drained
3/4 cup frozen green peas, thawed
1 tablespoon sesame oil (or sub olive oil)
1/2 tablespoon freshly grated ginger
1 teaspoon curry powder, plus more if you want a big curry punch!
1/4 teaspoon ground turmeric
1/4 teaspoon garlic powder
1/2 teaspoon salt
Freshly ground black pepper

For the mix-ins:
1 red bell pepper, diced
1/2 cup shredded carrots (from 1 large carrot)
1/2 cup dried cherries (or dried cranberries)
1/4 cup finely diced red onion
1/3 cup finely diced cilantro
1/3 cup finely diced flat leaf parsley

For the cashews:
3/4 cup raw cashews
1/2 tablespoon pure maple syrup
1/4 teaspoon cayenne pepper
1/2 teaspoon sea salt

Nutrition

Serving size: **1 serving**
Calories: **492cal**
Fat: **17.8g**
Saturated fat: **2g**
Carbohydrates: **68.5g**
Fiber: **12.2g**
Sugar: **15.5g**
Protein: **16g**

Instructions:

1. Add in quinoa and water to a medium pot and bring mixture to a boil, then cover, reduce heat to low and cook for exactly 15 minutes. After 15 minutes, remove from heat and fluff quinoa with a fork, then replace lid and allow quinoa to steam for 5-10 more minutes. While quinoa is cooking you can chop all your veggies.

2. Once quinoa is done cooking, stir in chickpeas, peas, sesame oil, ginger, curry powder, turmeric, garlic powder, salt and black pepper.

3. Next stir in red bell pepper, shredded carrots, dried cherries, red onion, cilantro and parsley.

4. Finally make your maple cayenne toasted cashews: place cashews in a skillet over medium heat. Toast cashews for 4-6 minutes, stirring frequently until they turn slightly golden brown and fragrant, then turn off heat and immediately add in maple syrup, cayenne pepper and sea salt. Stir for 30 more seconds to coat cashews, then transfer to a plate or piece of parchment paper to cool for a few minutes. Cashews may stick together so try to spread them in an even layer when they are cooling.

5. Top quinoa with cashews and serve! Serves 4 for a main meal or 6 as a side. I suggest waiting to add cashews until you are ready to serve so they stay nice and crunchy.

LUNCH

Vegan Pecan Apple Chickpea Salad Wraps

Vegan Pecan Apple Chickpea Salad Wraps

Prep time: **15 min** | Total time: **15 min** | Serves: **3**

V

Ingredients

For the salad:

1 (15 ounce) can chickpeas, rinsed and drained
1 cup small diced organic honeycrisp apples (from about 1 small-medium honeycrisp apple)
1/3 cup coarsely chopped raw or toasted pecans*
1/3 cup dried tart cherries
1 stalk of celery, diced
2 tablespoons chopped flat-leaf parsley (or sub cilantro)
1/4 cup chopped green onions

For the dressing:

3 tablespoons tahini (I like Soom Foods)
2 teaspoons pure maple syrup (or use honey if not vegan)
1 teaspoon dijon mustard
1 teaspoon apple cider vinegar
1/4 teaspoon garlic powder
1/4 teaspoon salt, + more to taste
Lots of freshly ground black pepper
2-3 tablespoons warm water

For the wraps:

3 large spinach tortillas (or tortillas of choice)*
3-4 cups organic spinach
3/4 cup shredded carrots

Nutrition

Serving size: **1**
Calories: **558cal**
Fat: **23.5g**
Saturated fat: **3.5g**
Carbohydrates: **76.3g**
Fiber: **13.3g**
Sugar: **18.2g**
Protein: **16.2g**

Instructions and Recipe Notes on next page...

Vegan Pecan Apple Chickpea Salad Wraps

Prep time: **15 min** | Total time: **15 min** | Serves: **3**

V

Instructions:

1. Add rinsed and drained chickpeas to a large bowl and use a masher or fork to mash most of the chickpeas. Add in diced apples, chopped pecans, tart cherries, celery, parsley and green onions.

2. In a separate bowl, make the dressing: Add tahini, honey, dijon, apple cider vinegar, garlic powder, salt, pepper and warm water. Mix to combine until a creamy dressing forms. Add more water if necessary. I found that somewhere between 2-3 tablespoons was perfect.

3. Add dressing to the chickpea salad. Stir to combine and coat all the ingredients with dressing. Taste and adjust as necessary. You may want to add more salt and/or pepper.

4. Lay out spinach wraps and add about 1 cup of spinach, top with 1/4 cup shredded carrots. Top with 1/4 of the chickpea salad mixture. Tightly roll up the wrap, tucking in the ends as you go. Secure tightly with a toothpick if necessary. Makes 3 large wraps! You can also eat the salad as is or put in lettuce wraps or swiss chard. Salad will stay good for 5 days in the fridge.

Recipe Notes:

- It's best to wait to fill your wraps until you are ready to eat. That way the wraps won't get soggy!
- To make gluten free: use gluten free tortillas, lettuce wraps or enjoy on GF sandwich bread.

Snack

SNACK

Get Your Greens in Smoothie

Get Your Greens in Smoothie

Prep time: **5 min** | Total time: **5 min** | Serves: **1**

V GF

Ingredients

1 cup frozen pineapple chunks
1/2 cup frozen mango chunks
1/2 medium ripe avocado
1 inch knob of ginger, peeled
2 cups organic spinach
1 cup unsweetened almond milk, plus more as necessary

Optional: 1 tbsp hemp seeds or flaxseed meal

Nutrition

Serving size: **1 smoothie**
Calories: **311cal**
Fat: **16.8g**
Saturated fat: **1.9g**
Carbohydrates: **40.6g**
Fiber: **10.9g**
Sugar: **22.8g**
Protein: **5.5g**

Instructions:

1. In a large high-powered blender, add in all ingredients and blend on high for 1-2 minutes or until all ingredients are well combined. If necessary, add in more milk to thin the smoothie and blend again. Serves 1.

Recipe Notes:

Feel free to double this recipe to serve 2 people.

SNACK

No Bake Omega-3 Mint Brownie Energy Bites

No Bake Omega-3 Mint Brownie Energy Bites

Prep time: **10 min** | Total time: **10 min** | Serves: **8**

V GF

Ingredients

1 cup (4 ounces) raw walnut halves
1 cup packed pitted medjool dates
3 tablespoons unsweetened cocoa powder
1 teaspoon vanilla extract
1/4 teaspoon mint or peppermint extract
1/8 teaspoon salt

Nutrition

Serving size: **1 brownie bite**
Calories: **166cal**
Fat: **10g**
Saturated fat: **1.2g**
Carbohydrates: **21.1g**
Fiber: **3.3g**
Sugar: **16.4g**
Protein: **3g**

Instructions:

1. Place walnuts and dates into a food processor. Process for about 1 minute or until walnuts and dates come together well. Walnuts should be slightly chunky.
2. Add in the remaining ingredients: cocoa powder, vanilla extract, mint extract and salt. Pulse until a dough forms. The dough texture should be thick and clumpy, and possibly come together into a ball. If it isn't, then add 1 or 2 tablespoons of warm water.
3. Use a cookie dough scoop to grab 1 tablespoon of mixture and then roll into a ball. Place onto a small baking sheet lined with parchment paper. Repeat until all the mixture is gone. Place in fridge for 30 minutes to allow balls to chill and harden a bit.
4. After balls are done chilling, transfer to an airtight container or reusable bag and store in fridge for 1 week or in freezer for up to 3 months.

Recipe Notes:
Feel free to omit the mint extract if you just want delicious brownie bites.

SNACK

Pat's 4-Ingredient Paleo Crackers

Pat's 4-Ingredient Paleo Crackers

Prep time: **10 min** | Cook time: **15 min** | Total time: **25 min** | Serves: **8**

GF DF

Ingredients

For the crackers:
1 1/2 cups packed super fine blanched almond flour (I use Bob's Red Mill)
1 large egg, slightly beaten
1 tablespoon chia seeds
1/2 teaspoon salt

Optional:
1/2 teaspoon garlic powder
For the egg wash:
1 egg
1 teaspoon water

Nutrition

Serving size: **1 serving (based on 8)**
Calories: **135cal**
Fat: **11.4g**
Carbohydrates: **5.3g**
Fiber: **2.9g**
Sugar: **0.8g**
Protein: **5.7g**

Instructions:

1. Preheat oven to 350 degrees F. In large bowl combine the almond flour, egg, chia seeds, salt and garlic powder. You may need to use your hands to make it all come together. It should feel like a wet sand but will still hold together.

2. Add the mixture to parchment paper, then top with another sheet of parchment paper to cover. Roll out dough between the two pieces of parchment paper so the dough is approximately 13" x 15" (dough should be VERY thin). You may have to use your hands to smooth out the edges of the dough. Very carefully transfer the rolled out dough on parchment paper to a large baking sheet that is bigger than the dough (i use a 21x15 inch pan). You can also divide the dough in half and bake on two smaller baking sheets. It's up to you, but please note that you do want the dough to be pretty thin.

3. Remove the top piece of the parchment paper and cut crackers into about 1.5 inch squares. I like to use a pizza cutter.

4. Whisk your second egg in a small bowl with 1 teaspoon of water to make an egg wash. Lightly brush all of the dough with the egg wash. You won't need to use all the wash.

5. Bake for 14-19 minutes until set and edges and crackers are nice and golden brown. They need to be completely golden brown to be crispy crackers and to stay that way.

6. Allow to cool for 10 minutes before carefully breaking the squares up into crackers. Divide into 8 servings.

Recipe Notes:
Serve with hummus or extra feta sauce from the Sheet Pan Moroccan Chicken recipe.

Dinner

DINNER

30-Minute Sesame Green Bean Chicken Stir Fry

30-Minute Sesame Green Bean Chicken Stir Fry

Prep time: **10 min** | Cook time: **20 min** | Total time: **30 min** | Serves: **4**

GF DF

Ingredients

For the sauce:
1/3 cup low sodium soy sauce or coconut aminos
1/3 cup water
3 cloves garlic, minced
2 tablespoons coconut sugar or brown sugar (or sub 1 tablespoon honey)
1 tablespoon sesame oil (preferably toasted sesame oil)
1 tablespoon rice vinegar
1 tablespoon fresh grated ginger
1 tablespoon sesame seeds (or sub 1 tablespoon tahini)
1/2 teaspoon red pepper flakes
1/2 tablespoon arrowroot starch (or sub cornstarch)

For the chicken:
1/2 tablespoon sesame oil (preferably toasted sesame oil
1 pound lean ground chicken (or ground turkey)
1/2 teaspoon garlic powder
Freshly ground salt and pepper

For the veggies:
1/2 tablespoon toasted sesame oil
2 large carrots, thinly sliced
1 white onion, chopped
1 red bell pepper, chopped
12 ounces fresh green beans, trimmed and cut in half

For serving:
1/2 cup roasted cashews, chopped
Scallions (green part of the onion only)
Extra sesame seeds

Nutrition

Serving size: **1 serving**
Calories: **440cal**
Fat: **25.3g**
Saturated fat: **5.2g**
Carbohydrates: **29.8g**
Fiber: **5.8g**
Sugar: **14.2g**
Protein: **25.6g**

Instructions and Recipe Notes on next page...

30-Minute Sesame Green Bean Chicken Stir Fry

Prep time: **10 min** | Cook time: **20 min** | Total time: **30 min** | Serves: **4**

GF DF

Instructions:

1. First make your stir fry sauce: in a medium bowl, whisk together the soy sauce, water, garlic, coconut sugar, sesame oil, rice vinegar, fresh ginger, sesame seeds, red pepper flakes and arrowroot starch (or cornstarch). Set aside.

2. Add ½ tablespoon sesame oil to a large pot and place over medium heat. Once oil is hot add in ground chicken and season with garlic powder, salt and pepper. Quickly begin to break up the meat and cook until no longer pink. Once cooked, transfer meat to a bowl and set aside. Keep heat in pan.

3. In the same pot, add ½ tablespoon sesame oil. Add in chopped onion and sliced carrots and cook for 2-4 minutes until onions begin to soften. Next add in green beans and bell pepper and cook, stirring frequently, for an additional 6-8 minutes or until green beans are slightly tender but still have a bite. Add cooked ground chicken back to the pot with the veggies. Immediately turn the heat to low and add in the sauce. Cook for an additional 2-4 minutes over low heat until the sauce begins to thicken.

4. Serve with brown rice or quinoa for a healthy dinner. Garnish with roasted cashews, a few extra sesame seeds and scallions. Serves 4.

Recipe Notes:

To make vegan/vegetarian: substitute chicken with one package tofu or one can of chickpeas.

DINNER

Actually, the Best Vegetarian Chili Ever

Actually, the Best Vegetarian Chili Ever

Prep time: **15 min** | Cook time: **45 min** | Total time: **1 hr** | Serves: **6**

V GF

Ingredients

1/2 tablespoon olive oil
3 cloves garlic, minced
1 yellow onion, chopped
1 large carrot, diced
1 red bell pepper, diced
1 (4 ounce) can mild green chiles
1 medium to large sweet potato, peeled and cut into 1/2 inch cubes
2 1/2 tablespoons mild chili powder
1 tablespoon cumin
1/2 teaspoon dried oregano
1/4 teaspoon garlic powder
1/4 teaspoon paprika
1/4 teaspoon cayenne pepper
1/4 teaspoon salt
Freshly ground black pepper
1 (28 ounce) can crushed tomatoes (fire-roasted is great)
3/4 cup vegetarian broth (or water)
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can kidney beans, rinsed and drained
1 heaping cup frozen sweet corn

To garnish:

Tortilla chips
Lime wedge
Cheese
Avocado
Cilantro
Sour cream/greek yogurt

Nutrition

Serving size: **1 serving, about 1 1/2 cups (without toppings)**
Calories: **260cal**
Fat: **3.1g**
Saturated fat: **0.3g**
Carbohydrates: **53.4g**
Fiber: **15.5g**
Sugar: **11.4g**
Protein: **13g**

Instructions:

1. Place oil in a large pot and place over medium high heat. Add in garlic, onion, diced carrot, red bell pepper, cubed sweet potatoes and green chiles; saute for 5-7 minutes, stirring frequently.

2. Next add in chili powder, cumin, oregano, garlic powder, paprika, cayenne pepper, salt and black pepper; stir for about 30 seconds.

3. Finally add in crushed tomatoes, broth/water, black beans, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary.

4. Garnish with anything you'd like. Makes 6 servings, about 1 1/2 cups each.

Recipe Notes:

Serve with tortilla chips (we love Siete), yogurt and avocado.

DINNER

Sheet Pan Moroccan Chicken with Sweet Potatoes & Cauliflower

Sheet Pan Moroccan Chicken with Sweet Potatoes & Cauliflower

Prep time: **20 min** | Cook time: **25 min** | Total time: **45 min** | Serves: **4**

GF

Ingredients

1 1/2 pounds boneless skinless chicken thighs
1 large sweet potato, cut into 1/2 inch cubes (about 2 cups cubed sweet potatoes)
2 cups small cauliflower florets (from about half a head of cauliflower)
1 yellow onion, cut into chunks
3 large carrots, sliced into 1/2 inch thick chunks (or use 6 small heirloom rainbow carrots)
3 tablespoons olive oil
1 1/2 teaspoons ground cumin
1 1/2 teaspoons ground turmeric
1 1/2 teaspoons ground cinnamon
1/2 teaspoons garlic powder
1/4 teaspoon cayenne pepper
1/2 teaspoon salt
Lots of freshly ground black pepper

To garnish:

1/3 cup unsweetened dried cherries (or dried cranberries)
1/4 cup diced cilantro
1/4 cup chopped roasted pistachios (or sub roasted chopped almonds)

For the feta yogurt sauce:

1 large garlic clove
1/3 cup plain greek yogurt (whole milk or 2%)
1/4 cup feta crumbles
1/2 tablespoon fresh lemon juice
1 tablespoon water, to thin
Freshly ground salt and pepper, to taste

Nutrition

Serving size: **1 serving**
Calories: **526cal**
Fat: **28.2g**
Saturated fat: **6.1g**
Carbohydrates: **31.7g**
Fiber: **6.2g**
Sugar: **13.1g**
Protein: **40.6g**

Instructions and Recipe Notes on next page...

Sheet Pan Moroccan Chicken with Sweet Potatoes & Cauliflower

Prep time: **20 min** | Cook time: **25 min** | Total time: **45 min** | Serves: **4**

GF

Instructions:

1. Preheat oven to 425 degrees F. Line a large baking sheet or two small baking sheets with parchment paper or foil. Set aside.

2. Add chicken thighs, sweet potato cubes, cauliflower, onion chunks, carrot chunks into a large bowl. Add in olive oil, turmeric, cinnamon, cumin, garlic powder, cayenne pepper and salt and pepper. Use clean hands to toss all of the ingredients together until well combined and spices evenly coat chicken and veggies. Pour onto prepared baking sheet (or evenly divide between two baking sheets.) You'll want to group the vegetables as best as possible: carrots in one section, chicken in one section, cauliflower in one section and sweet potatoes and onions in one section. Bake for 25-35 minutes, rotating the pan(s) and stirring vegetables halfway through to encourage even cooking. You'll know it's done when the carrots and sweet potatoes are fork tender.

3. While the meal is cooking, you can make the feta yogurt sauce by adding the garlic, yogurt, feta, lemon juice and water to a food processor; process until smooth. Add a bit of salt and pepper to taste and process once more. Set aside until ready to serve.

4. Once chicken and veggies are done cooking, remove from oven and immediately sprinkle dried cherries, cilantro and pistachios on top. You can either drizzle the feta yogurt sauce on top of the sheet pan meal or serve it on the side for people to enjoy as they so choose. Serves 4.

Recipe Notes:

- To make vegetarian: substitute chicken with one package tofu or one can of chickpeas.
- To make dairy free: try our creamy **tahini sauce** recipe instead of the feta sauce.
- Serve with brown rice or quinoa.
- Tip: double the yogurt feta sauce to serve with your Paleo Crackers if you'd like!

DINNER

Sweet Potato Black Bean Enchiladas with Avocado Lime Crema

Sweet Potato Black Bean Enchiladas with Avocado Lime Crema

Prep time: **30 min** | Cook time: **50 min** | Total time: **1 hr 20 min** | Serves: **4**

VEG

Ingredients

2 medium sweet potatoes, diced into 1/2 inch cubes
1 tablespoon olive oil
1/2 tablespoon chili powder
1 teaspoon cumin
1/2 teaspoon garlic powder
1/4 teaspoon salt
1 (15 oz) can black beans, rinsed and drained
1/2 cup fresh or frozen corn
1 1/2 cups shredded Mexican cheese blend
8 soft corn tortillas*

For the enchilada sauce:

2 teaspoons olive oil
1 small white onion, finely minced
3 cloves garlic, minced
2 1/2 tablespoons chili powder
1 teaspoon cumin
1 teaspoon dried oregano
1/4 teaspoon salt
1 (15 ounce) can tomato sauce
2 tablespoons tomato paste
1/2 cup water (or broth of choice)
1/2 teaspoon apple cider vinegar
Salt and pepper, to taste

For the avocado lime crema:

1/4 cup nonfat plain greek yogurt
1/2 ripe avocado
1 lime, juiced
1/4 cup cilantro
1/8 teaspoon salt
Garnish: chopped cilantro

Nutrition

Serving size: **2 enchiladas**
Calories: **483cal**
Fat: **11.3g**
Saturated fat: **4.9g**
Carbohydrates: **71.1g**
Fiber: **16.3g**
Sugar: **16.6g**
Protein: **22.4g**

Instructions and Recipe Notes on next page...

Sweet Potato Black Bean Enchiladas with Avocado Lime Crema

Prep time: **30 min** | Cook time: **50 min** | Total time: **1 hr 20 min** | Serves: **4**

VEG

Instructions:

1. Preheat oven to 375 degrees F. Line a large baking sheet with parchment paper. Add diced sweet potatoes and drizzle with olive oil; add spices and salt on top, then give the sweet potatoes a toss so that they are evenly coated with olive oil and spices. Bake for 25-30 minutes or until sweet potatoes are fork tender.

2. While the sweet potatoes are cooking, make the enchiladas sauce: Heat oil in a medium pot over medium high heat. Add in onions and garlic and sauté for 5 minutes or until onions become translucent.

3. Add in chili powder, cumin, oregano, salt and stir for 30 seconds to allow the spices to cook a bit. Stir in tomato sauce, tomato paste, water and apple cider vinegar then bring to a boil.

4. Reduce heat to low and simmer for about 5 minutes, then remove from heat. Season with additional salt and pepper to taste, if necessary.

5. Keep heat in oven once sweet potatoes are done cooking. Add sweet potatoes to a large bowl and mix with black beans, corn and 1/4 cup enchilada sauce.

6. Spray a 9x11 inch pan with nonstick cooking spray, add 1/4 cup enchilada sauce to bottom of the pan and spread evenly.

7. Take a tortilla then fill with 1/3 cup of mixture, 1 tablespoon of shredded cheese and 1 tablespoon of enchilada sauce. Roll the tortilla up and place seam side down in the pan.

8. Repeat with each tortilla and place tightly next to each other. Pour remaining enchilada sauce then cheese on top. Bake for 20-25 minutes.

9. While the enchiladas are baking, you can make the avocado lime crema. In a blender or food processor, add the avocado, greek yogurt, lime juice, cilantro and salt. Blend until smooth and creamy. Add a tablespoon or two of water to thin out if necessary.

10. Once enchiladas are done baking, drizzle or spread the avocado lime crema on top. Garnish with extra cilantro and hot sauce, if desired. Makes 8 enchiladas total; serving size 2 enchiladas per person.

Recipe Notes:

- To make gluten free: use soft 8 inch corn tortillas or Siete grain free tortillas (the cashew ones are best for rolling!)
- To make vegan & dairy free: use dairy free yogurt & dairy free shredded cheese or try our delicious **cashew cheese sauce**.
- Serve with tortilla chips (we love Siete), yogurt and avocado.

Dessert

DESSERT

Healthy Oatmeal Chocolate Chip Cookies

Healthy Oatmeal Chocolate Chip Cookies

Prep time: **10 min** | Cook time: **10 min** | Total time: **20 min** | Serves: **10**

V GF

Ingredients

1 tablespoon flaxseed meal
3 tablespoons room temperature water
1/4 cup melted and cooled coconut oil*
1/2 cup coconut sugar
1 teaspoon vanilla extract
2/3 cup gluten free oat flour
1/2 cup gluten free rolled oats
1/2 cup unsweetened shredded coconut (do not use big coconut flakes)
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 cup chocolate chips, vegan/dairy free if desired
Fancy sea salt, for sprinkling on top

Nutrition

Serving size: **1 cookie**
Calories: **219cal**
Fat: **12.8g**
Saturated fat: **9.6g**
Carbohydrates: **27.1g**
Fiber: **2.6g**
Sugar: **15.6g**
Protein: **1.9g**

Instructions:

1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.

2. In a medium bowl, mix together flaxseed meal and water, let it sit for 5 minutes while you get all your other ingredients ready. After 5 minutes the 'flaxegg' will be ready and you can add the melted and cooled coconut oil, coconut sugar and vanilla extract to the bowl; whisk together until smooth.

3. Next add in the oat flour, rolled oats, shredded coconut, baking soda and salt. Mix until well combined. Fold in chocolate chips.

4. Use a medium cookie scoop and place about 1 heaping tablespoon dough on prepared baking sheet, about 2 inches apart. You should get 10 cookies. If you want thicker cookies, leave as is. If you want slightly thinner cookies, very gently push ONLY the top of the cookie down just a very tiny bit. Don't overdo it -- these are vegan cookies and we want them to stick together!

5. Bake cookies for 9-12 minutes until edges are just slightly golden brown. Once cookies come out of oven, sprinkle the tops with fancy sea salt.

6. Allow cookies to cool on baking sheet for 10-15 minutes before removing and transferring to a wire rack to finish cooling. Leaving them on the baking sheet will help them settle up and hold together. Makes 10 cookies.

Recipe Notes:

Make homemade oat flour with rolled oats by simply placing oats into a blender and blending and pulsing until they're smooth and resemble flour. Measure out oat flour after blending like you would with regular flour.

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